



## Obesity Prevention in Early Care and Education

Early care and education settings, including child care centers, family and group child care homes and informal care, present tremendous opportunities to prevent obesity. Child care providers play an important role in keeping children healthy and helping them form healthy lifestyle habits early.

### Program Goals

1. Promote self-assessment and action planning as an evidence-based approach to improving nutrition and physical activity in early care and education settings.
2. Build the capacity of [Great Start To Quality](#) Resource Centers, and other organizations which support early care and education providers and families, to implement facility-level interventions for obesity prevention.
3. To provide technical assistance and training to improve nutrition, increase physical activity and reduce screen-time.
4. To provide professional development opportunities for early care and education providers

For more information and for resources, click [HERE](#).